

# CONTROLLING NEGATIVE EMOTIONS

## **DESCRIPTION**

Effective Self-Leadership requires us to be aware when our emotions are Negatively Impacting how we: (1) Perceive situations, (2) Make decisions, (3) Solve problems, and (4) Collaborate with others. The goal is to develop our ability to effectively manage our emotions. We need to be able to let our Negative Emotions INFORM US, not DEFINE US! As we need to learn how to effectively manage our negative emotions, we will dive into the 4 steps for Developing Emotional Competence both at work and at home.

## **OBJECTIVES**

- 1) Investigate how to identify your Negative Emotions recognizing how our bodies physically react & by growing your personal Emotional Vocabulary
- 2) Analyze how to Name-It-To-Tame-It by identifying three ways you can put your emotions into words
- 3) Investigate the Circle of Influence Framework to define those life stresses that we can or cannot control

## **ABOUT MARK**

Throughout his 30+ years in the Parks and Recreation Profession, Mark Honberger has had a passion for Understanding Leadership. Each year, he would discover a unique aspect of Leadership & Supervising that he would focus on implementing for both himself and his staff. The result of this lifetime passion is a full "Professional Leadership Toolbox" loaded with dozens of impactful Leadership Lessons, borne from experience in the trenches. Mark loves sharing what he has learned as an entrepreneur in the Recreation Profession. Over the past 6 years, Mark has delivered over 50 Education Sessions to Recreation Conferences across the county, bringing his brand of humor and insightful nuts-and-bolts type of principles that attendees can begin putting into practice right away.

# 4 Steps for Developing Emotional Competence

**AWARENESS OF NEGATIVE EMOTIONS**

**DEVELOP EMOTIONAL VOCABULARY**

**NAME IT TO TAME IT**

**WHAT CAN YOU CONTROL**

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# Awareness of Negative Emotions

It is easier to be aware when our bodies are physically reacting to negative emotions than noticing negative feelings. Pausing allows you to catch up with your emotions before you react.

How do you physically experience negative emotions?



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# Emotional Vocabulary

Identify your emotion and then try to name two more words that describe how you are feeling. This exercise helps you to get more specific about your true feelings.



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# Name It To Tame It

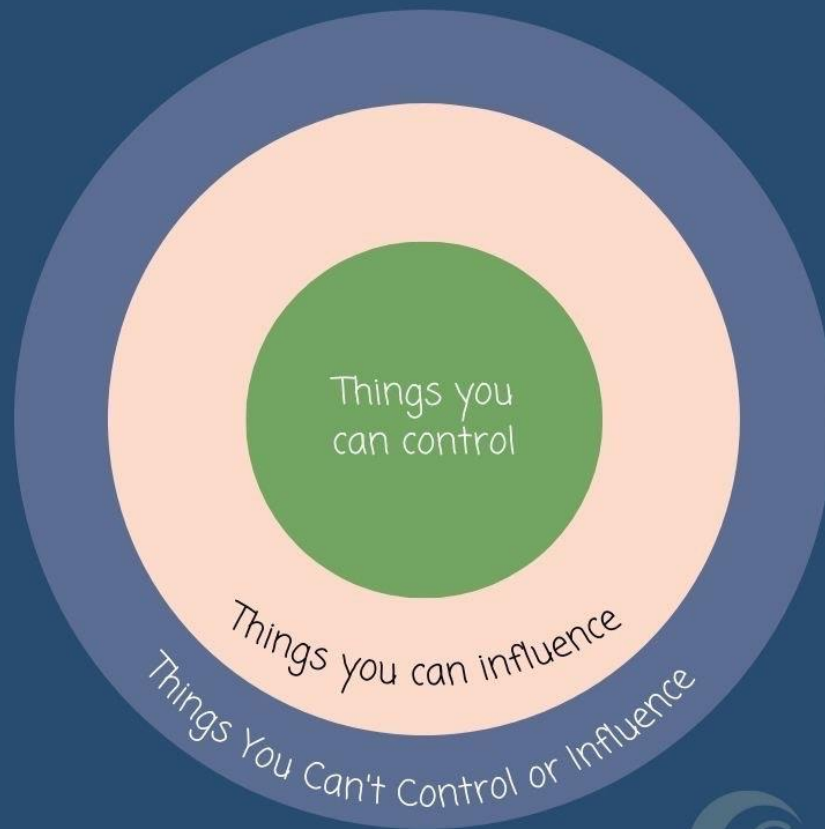
Science repeatedly shows those quickest to recover from distress are those who can identify how they are feeling and put those feelings into words.

- 1 Talk to a trusted friend or advisor about how you feel
- 2 Identify your feelings and write them down
- 3 Go to a safe place and say out loud what you are feeling

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# What Do You Control?

Stephen Covey's Circle of Influence provides a framework to define the stresses that we need to let go of because they're out of our hands, while at the same time identifying the areas where our efforts will have a real impact.



Tony Gambill